

COLL. CAT.

WM

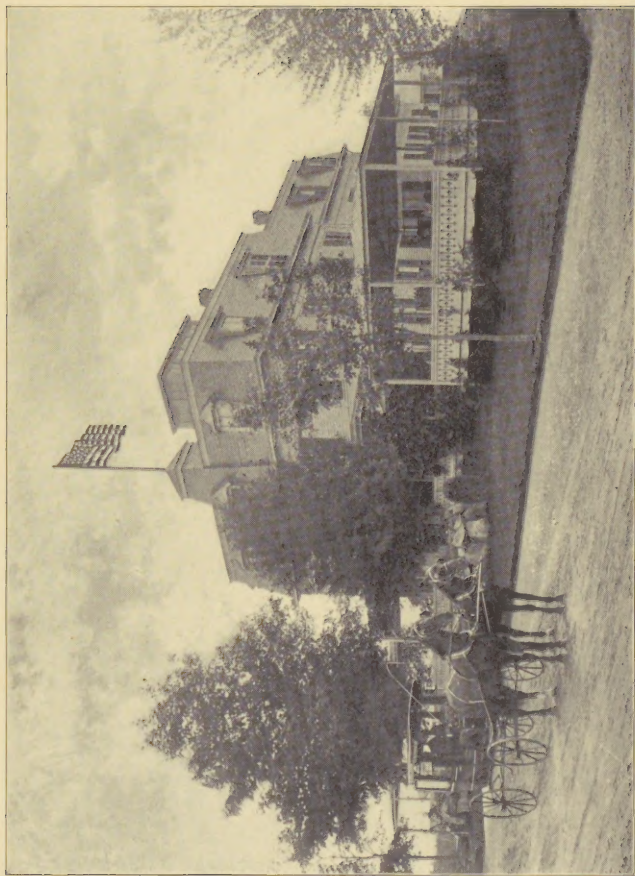
27

AM 4

C6



APR 30 1962



DR. RING'S SANATORIUM

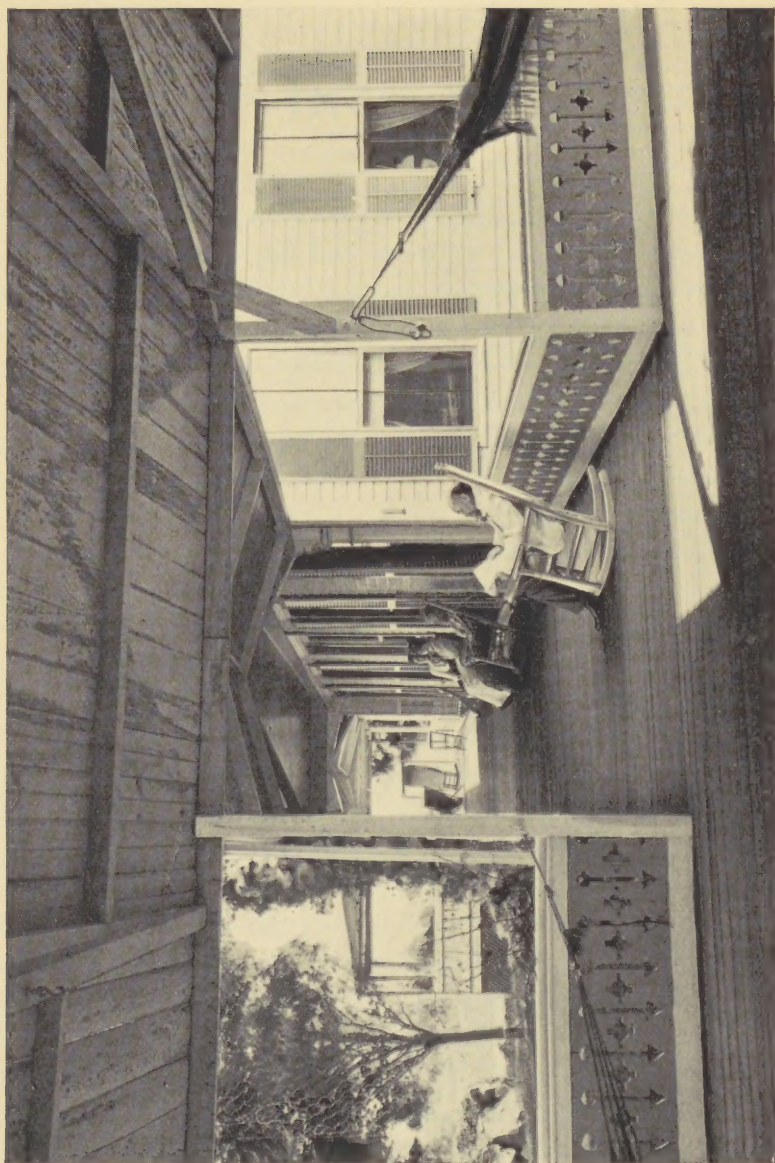
INTRODUCTORY NOTE

IN preparing for publication an annual Medical Report of our institution we have had largely in view the importance of giving the medical profession a clearer and better knowledge of our work, methods and aims. While the institution is of a private character, without endowment, being almost wholly dependent upon the good-will of physicians for its patronage, we wish to have it understood that we have always striven to make its professional side paramount.

As the Insane, Epileptics and objectionable forms of invalidism are not admitted, the field from which we select our cases is necessarily restricted. We mostly confine ourselves to diseases of the Nervous System, but also receive other forms of chronic affections, and cases of gynecology.

Many come by the advice of physicians for rest and general tonic treatment under the most favorable conditions. This is a very numerous class, and physicians are recognizing the fact that the modern Sanatorium offers to their tired-out patients the "Stitch in Time."

The Sanatorium is situated toward the Southern slope of Arlington Heights, which rises about five hundred feet above tide-water. It is located at a sufficient distance from the bluff to avoid the full force of the East winds during the late Winter and Spring months. On fair days most of the rooms are flooded with sunshine. The healthfulness of these Heights is now well established; the air is dry and of remarkable purity. It seems almost incredible that a locality so near large centres of population has an atmosphere so pure, bracing and invigorating.



The building is three stories, with an ample basement, in which are Turkish, or Hot Air, Electric, Sitz, Vapor, or Russian, Needle and other bath-rooms. Also a large Gymnasium and Cooling, or Resting-Room. It will thus be observed that we are very well equipped for the administration of every variety of Hydro-therapeutics.

Eighteen bed-chambers are set apart for patients. As at times we have found this number too limited we have in contemplation the erection of a larger building adjacent to our present one. This new Sanatorium will, we believe, meet with the entire approval of the medical profession, as from the plans already prepared it will be seen that it will embrace every good feature of existing Sanatoriums, while it will have many new and valuable improvements, which from our many years of experience we have been able to suggest.

The present institution was opened for patients in the Autumn of 1879. In the Summer of 1881 Dr. Allan Mott Ring assumed its management, and has since directed its professional interests.

Patients of both sexes are received. A cheerful, homelike atmosphere always pervades the house. The daily régime of each patient is carefully laid out on a treatment card, so that each one knows exactly how his or her time is to be spent. The card is made out by the attending physician after the history, physical examination and necessary analyses^s have been made. This card we have found of great value, as not only the medical treatment but also the diet, amount of rest, exercise, etc., can be readily controlled.

The broad verandas standing apart from the house are well shaded and breezy, and are amply supplied with hammocks and lounging chairs. We urge our patients to live in the open air as much as possible. Driving parties are taken out every suitable day. Croquet and tennis grounds are provided. The evenings, up to nine o'clock, are devoted to quiet amusements and music. Apart from the pleasure that music gives to every normal person, we have considered it for many years a valuable remedial agent. An hour of



MUSIC ROOM

each evening is usually devoted to this delightfully soothing influence.

Arlington Heights is eight miles from Boston. It is reached by trains of the Boston and Maine R. R., which leave the North Union Station, Boston, about every hour on week days, and by the Boston Elevated (electric) cars, which leave the Subway and Bowdoin Square for Arlington Heights every seven minutes on week days, and more frequently on Sundays. Dr. Ring's Sanatorium is half a mile from the car station, and carriages are usually in waiting, or can be obtained by telephoning the institution.

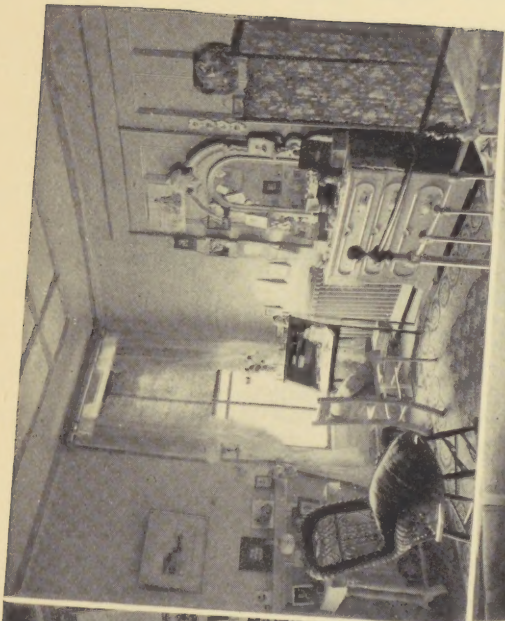
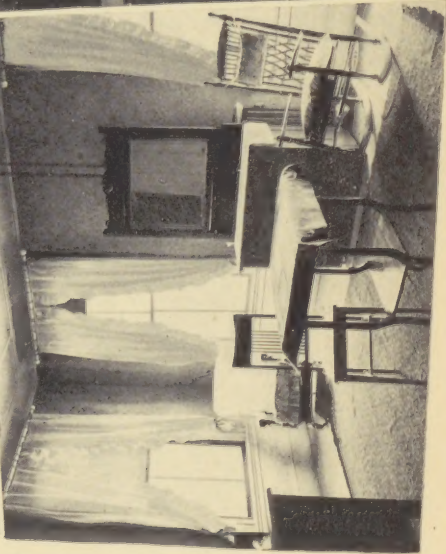
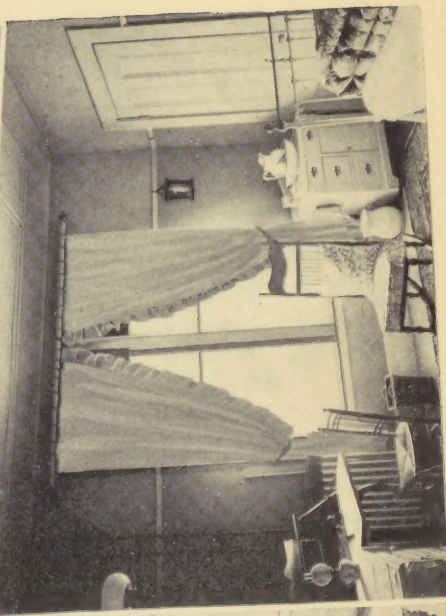
All correspondence should be addressed to

DR. ALLAN MOTT RING,

Hillside and Prospect Avenues,

ARLINGTON HEIGHTS, MASS.

Telephone 5-2, Arlington.



REPORT

A report of the medical work at Dr. Ring's Sanatorium is here submitted to the medical profession.

	Male	Female	Total
Patients under treatment March 1, 1899	2	9	11
Admitted during the year	16	41	57
Whole number treated during the year	18	50	68
Discharged as recovered	4	6	
" " rested	1	9	
" " improved	3	12	
" " not improved	3	6	
" " palliated	3	5	
Disease developed in	2	4	
Remaining February 28, 1900	2	8	68

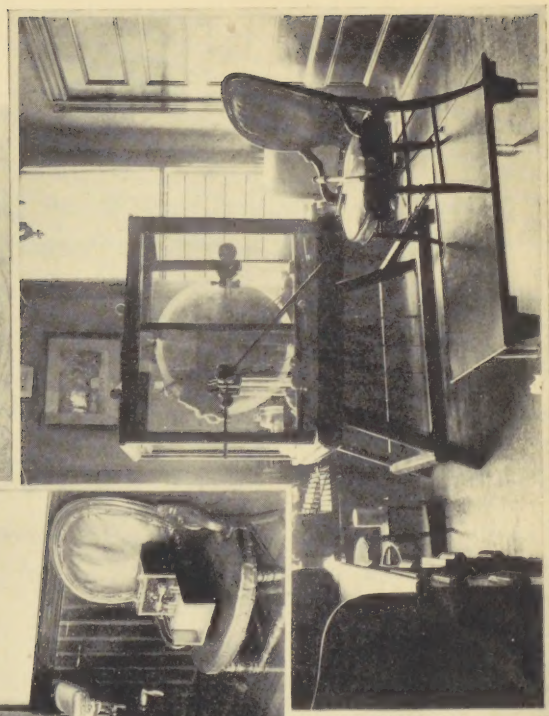
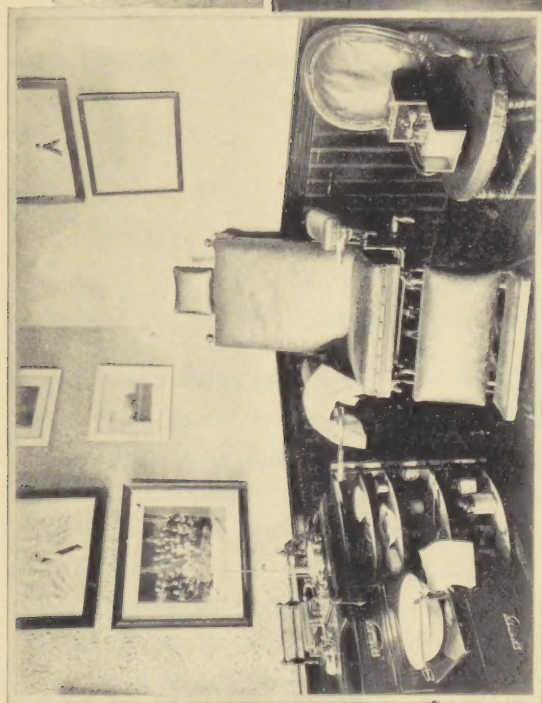
The largest number under treatment was 18.

The least number under treatment was 10.

Per cent. discharged as recovered, 17.26.

The term "rested" includes cases that were admitted for rest only. "Palliated" is applied to cases which were incurable. "Disease developed" includes cases that could not be diagnosed when admitted, but later developed characteristic symptoms which were incurable.

Of the sixty-eight cases under treatment 10 came for rest only; 22 for Neurasthenia; 3 for Alimentary disturbances; 5 for Psychic depression; 3 for Cardiac disease; 2 for Arthritis Deformans; 3 for Chronic Alcoholism. One had a Cerebral tumor; 1, Primary Combined Sclerosis; 2, Anæmia; 1, Paralysis Agitans. Three were diagnosed as early cases of general Paresis; 1 as Catarrh of the Gall Bladder; 1 as



ELECTRICAL AND GYNÆOLOGICAL ROOM

Enteroptosis with floating kidney; 1, Chronic Bronchitis; 1, Diabetes Mellitus; 2, Emotional Insanity; 1, Multiple Neuritis; 3, Insomnia; 1, Pelvic Cancer; 1, Torticollis. In view of the fact that cases of an unpleasant nature, including insanity, are not admitted, it is unnecessary to state that none of the above cases were of either nature when received. Upon the development of symptoms that made them unsuitable for treatment with us they were discharged, some being transferred to other institutions.

In regard to the benefit derived from institutional treatment by the fifty-eight patients discharged, ten or 17.26 per cent. recovered. It must be borne in mind, however, that this number includes many cases manifestly incurable.

Insomnia was the most common symptom complained of — being present in thirty-one of the fifty-seven admissions. In three cases it persisted and delusions ultimately developed. As a rule, however, it readily yields to treatment. Hydrotherapy, static electricity and music having been found most potent aids. The value of water applications in insomnia is too seldom taken advantage of by the general practitioner. The change of environment and the influence of suggestion exerted by the surroundings are also of undoubted assistance in bringing about composure in many cases.

The cases classed as neurasthenic, because of their number admit of separate analysis as follows:—

	Male	Female
General nervous exhaustion	3	10
Cardio-vascular neurasthenia		3
Cerebral neurasthenia	1	
Sexual neurasthenia		1
Alimentary neurasthenia	1	2
Lithæmic neurasthenia		1
	5	17

Average time under treatment was 8 weeks.

Average time of those who recovered (5) .	20.6 weeks
“ “ “ improved (12) .	8.58 “
“ “ not improved (5) .	4 “



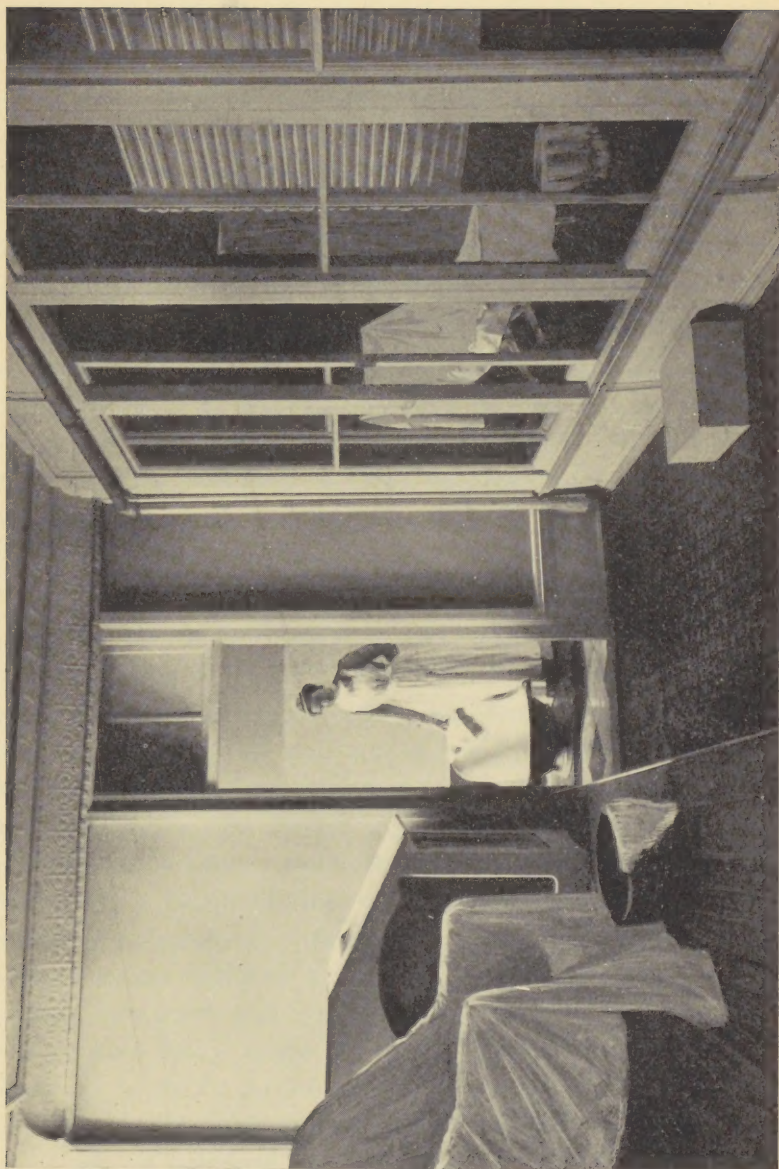
GYMNASIUM AND RESTING ROOM

Of the twelve cases improved some continued on to recovery after discharge, while others will probably always remain semi-invalids.

It is interesting to note that in eight of these cases tuberculosis was present, either in the parents or grandparents. In eight others, members of the family had been, or were, the victims of nervous disease, either functional or organic. Two (not included in the last eight) had had mothers with arthritis deformans. The remaining six had in their antecedents kidney, heart, or arterial disease.

Our treatment of these cases was largely educational, as outlined by Dr. Morton Prince, although it had been carried out in this institution for many years before his paper appeared. In the cerebral case a complete Mitchell rest treatment was carried out with gratifying result. Suggestive therapeutics were used where applicable, and often with much benefit.

It would appear then that an institution of this nature is of practical utility in the following classes of cases: FIRST, for all cases of neurasthenia. The essentials of treatment for this condition, namely, change to a new and cheerful environment, rest, frequent feeding, suitably regulated exercise and the systematic use of massage, water and electricity, can best be obtained in such an institution. Osler says, "It will be wise to treat the neurasthenic individual, for a few weeks at least, in an institution;" and again, "for systematic hydrotherapeutic treatment, residence in a suitable sanatorium is necessary." SECOND, for those who are run down and require a toning treatment, rest, change of scene, good food, and a freedom from all care and responsibility. THIRD, in those cases of chronic invalidism, which, while incurable are cheered and encouraged and often temporarily benefited by the treatment offered in such an institution.



HOT ROOM LOOKING INTO SHAMPOO AND DOUCHE ROOM

In closing we desire to call attention to an analysis of our spring water. The value of a pure water cannot be over-estimated.

One United States gallon contains : —

Potassium Sulphate	0.268 grains
Sodium Chloride	0.328 "
Sodium Bi-carbonate	0.238 "
Calcium Bi-carbonate	0.452 "
Calcium Sulphate	0.182 "
Magnesium Bi-carbonate	0.225 "
Silicic Acid	0.692 "
Alumina	0.115 "
Iron Oxide	traces.
Organic Matter	traces.
	2.560 grains

This water contains the following gases in solution : —

Carbonic Acid
Oxygen
Nitrogen

